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U. S. DEPARTMENT OF AGRICULTURE

HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

SUBJECT: "FOOD FOR THE WEIGHTY". Information from the Bureau of Home Economics, and the Food and Drug Administration.
U.S.D.A.

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In Abyssinia the more you weigh the more likely you are to win a beauty contest. Fatness is a mark of beauty and of aristocratic birth. The present Empress of Abyssinia is a very stout lady indeed. I'm told that she weighs well over two hundred and that her subjects admire her for it. But in these United States standards of beauty are quite the contrary. The slim and slender figure is the one admired. That's why a large number of us who incline to be plump try, in all sorts of strange ways, to take off pounds and flatten out our curves. One misguided friend of mine goes on the so-called "Hollywood diet" every now and then. Another lives on fruit juice three days at a time. Still another, who doesn't like to diet, tries this and that anti-fat preparation which she sees advertised. Her house is full of all kinds of contraptions for fighting fat, everything from a rubber rolling pin to what she calls her "shaking machine". And still she keeps on gaining.

Let's get down to causes and effects in this matter of losing extra pounds. The specialists say that obesity may come from two causes: First, over-eating and lack of exercise, and, second, abnormal endocrine metabolism or abnormal digestive processes. If your weight is the result of some abnormal condition, then curing it is a physician's job. But with most people superfluous pounds are the result of over-eating and lack of exercise. So just plain common sense answers that the way to get rid of them is to eat less and exercise more. By diet and exercise you can take off weight simply and safely and successfully. Or you can ruin your health and your disposition over it. You see, some reducing diets are sane and sensible--good for you. Others are actually injurious. As for the anti-fat preparations--some are harmless and worthless. Some are dangerous. No magic formula will change a heavy-weight into a sylph in a very short time without harming her health. Don't let the diet faddists or false advertising fool you. Slow and steady and comfortable that's the way to cut down weight. That's the kind of reducing that often pays in better health.

A safe diet isn't so much a matter of what you eat, as some food faddists would have you believe. It's both what and how much that counts, especially how much. Every diet, whether it is for a fat or for a thin person, needs a foundation of protective foods. You won't be safe unless you have enough protein, enough minerals, enough vitamins to keep the body running in good order. Yes, and you need a few energy foods, just plain calories--but a very few. Go slow on the calories--that's the first rule in a safe reducing diet. Cut down on fats, starches and sugars and on all dishes high in any of these three ingredients. Fill up on other foods, the foods that don't build fat, especially the bulky foods, and you'll avoid "that empty feeling" that is the bane of so many

"dieters".

For the backbone of your diet, count on milk--skim milk, cottage cheese and buttermilk; count on fruits and vegetables; count on lean meats, lean fish, and eggs; among the cereal foods, count on whole-grain products. But count off or count to the minimum cream, butter, rich gravies, sauces and salad dressings, olives and fat meats, pastries and sweet desserts, rich cakes, cookies and candy.

Finally, remember the rule about losing weight slowly and steadily. Don't feel discouraged if the scales fail to show a loss at once. Whatever you weigh is a total of both tissue and water. Often the body holds water temporarily while the fatty tissue is being used up. Keep at your sensible reducing diet for three four weeks before you expect any noticeable progress. And while you're dieting keep up a good health routine which includes systematic exercise and rest, fresh air and sunshine. Be sure the exercise you take helps burn up the body fat instead of tempting you to break over your diet because of your increased appetite.

Well, there are the high points of safe and successful dieting. Now let's illustrate by planning a sample day's menu for the lady who is too weighty. For breakfast she'll have one orange, one poached egg on thin unbuttered - or very lightly buttered-toast, and coffee straight, minus cream and sugar. There's a breakfast that won't leave anyone feeling empty and uncomfortable, one that will nourish without adding pounds.

Now for lunch. The main dish, the dish to fill up on, is a large lettuce salad or a salad of mixed greens dressed with salt, pepper and lemon juice or a very dilute French dressing. A big plate of lettuce takes some time just to chew and also is bulky. It gives a feeling of satisfaction without many calories. Cabbage does the same. The second item on the luncheon menu is a small serving of hot creamed asparagus on thin toast, then stewed apples or apple sauce for dessert. Buttermilk or sweet milk, partly skimmed, to drink. If you want to finish off the menu with tea and lemon, that's all right, too.

Now for dinner. Dinner consists of a thin slice of lean roast beef; a small baked potato; plain stewed tomatoes; a thin slice of whole wheat bread; a thin pat of butter; half a ripe pear on lettuce for salad; partly skimmed milk to drink; and, for dessert, simple fruit-juice gelatin with a lady finger or some other cookie low in fat.

There. Isn't that better than living three days on liquids or two weeks on lamb chops and pineapple? Isn't it better than spending hours on contraptions or quack medicines for taking off fat? Isn't it better than going around with a starved feeling inside that may actually bring on malnutrition?

Tomorrow: "Indoor Gardens for Winter."

